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SIBO DIET QUICK START





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SMALL INTESTINAL BACTERIAL OVERGROWTH · Dr. Allison Siebecker

Dr. Siebecker's Quick-Start SIBO Diet Guide

A simplified, SIBO diet guide which removes foods that commonly trigger SIBO symptoms.

Follow for 1-3 weeks (or as desired) and note if you feel better. Then re-introduce foods one by one, a day apart, and note if you feel worse. Continue avoiding foods that make you feel worse (check with your practitioner before avoiding any foods permanently).

Common SIBO trigger foods to temporarily avoid:

- Onions, garlic, celery, winter squash
 - Often one type of winter squash is tolerated but not another, which you can identify when reintroducing them
 - Onion and garlic flavored oil is OK (available to buy premade, or make at it at home – search online for recipes, it's easy!)
- Apple (including apple sauce/juice), Peach, Pear, Watermelon. Sometimes Banana.
- Whole wheat, rye, brown rice
 - However, white bread/pasta (if gluten is tolerated), white rice (and white potato) are OK
- Beans
- Lactose Dairy: milk, ice cream, yogurt, cottage cheese, cream cheese, ricotta/fresh cheese (i.e. chevre, soft goat cheese, feta, fresh soft mozzarella)
 - However, "lactose-free" labeled dairy products, and aged cheese past 30 days is OK
 - Most hard/deli cheeses are aged x 30 days (i.e. cheddar, provolone, swiss, gouda, and even brie...). If there are zero carbohydrates/sugars on the cheese label, it's lactose free.
- Agave, high fructose corn syrup, sucralose, sugar alcohols (often end in "-ol": maltitol, xylitol, erythritol, isomalt). Check mints, gums and medicines.
 - However, corn syrup (which is glucose/dextrose) is OK
- Nuts/seeds (i.e. coconut or almond flour/butter, ground flax)
- Green salad and raw vegetables.
 - Soft raw vegetables like tomato and peeled cucumber are OK

Other tips:

- Cook vegetables, grains and pasta till soft – no al dente
- Space meals 4-5 hours apart and leave 2 hours before bed with no snacking or calories consumed (including beverages)
 - Sipping water, unsweetened seltzer/mineral water, and black coffee/tea is OK
 - If 4-5 hours between meals is too long, try 3 hours
- Avoid common SIBO triggers in Supplements - see "Problematic Supplements for SIBO" below (check with your practitioner before stopping any prescribed supplements)

Problematic Supplements For SIBO

The following is a list of ingredients found in supplements that have the potential to aggravate SIBO symptoms. Reducing or eliminating these may help lessen symptoms.*

Because SIBO patients vary in their reactions to these ingredients, experimentation is necessary to find *if*, and *how much*, any of these ingredients may worsen symptoms. Some of these may trigger symptoms, while others may be well tolerated. The dose can also make a difference — a smaller amount may be tolerated while a larger amount may not be.

Avoid for 1-3 weeks*, then reintroduce one by one, a day apart, and note if you feel worse.

Prebiotics

- Inulin
- FOS - Fructooligosaccharides
- GOS - Galactooligosaccharides
- MOS – Mannan Oligosaccharides
- Arabinogalactan
- Larch
- Chicory root

Gums

- Acacia gum / Gum Arabic
- Beta glucan
- Guar gum
- Locust bean gum (carob gum)
- Xanthan gum
- Mastic gum

Starch

- Maltodextrin/Dextrin (above 450mg may be problematic)
- Tapioca starch
- Potato starch
- Arrowroot starch
- Corn starch

Note: Dextrose is not Dextrin. Dextrose is glucose, which is often tolerated.

Soluble Fiber

- Pectin (such as in jam, yogurt)
- Flax, Chia & Hemp seed
- Psyllium
- Bran
- Beta glucan

Seaweeds

- Alginate, Algal
- Agar Agar
- Carrageenan

Mucilaginous Herbs

- Licorice
- Marshmallow
- Comfrey
- Aloe Vera
- Slippery Elm

Sugar Alcohols

Anything that ends in “-ol”

- Maltitol
- Sorbitol
- Mannitol
- Xylitol
- Erythritol (this is usually the best tolerated sugar alcohol)
- Isomalt

Sweeteners

- Agave
- Lactose
- Fructose
- High Fructose Corn Syrup
- Sucralose

Note: “Corn Syrup” is not High Fructose Corn Syrup. Corn syrup is glucose, which is often tolerated.

Supplements

- D-Mannose
- Chondroitin Sulfate
- Glucosamine Sulfate
- N-Acetyl Glucosamine
- Glucomannan / Konjac Root
- Mastic Gum
- Creatine Monohydrate

Note: Creatine HCl is OK

*Check with your health care practitioner before discontinuing prescribed supplements